

The Timetable

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
4.00 – 5.00pm			4.00 – 5.00pm			10.00 – 11.00am
*FT Training			*FT Training			*FT Training
5.15 – 6.00pm		5.15 – 6.00pm	5.15 – 6.00pm	5.15 – 6.00pm	5.15 – 6.00pm	11.00 – 12.00pm
MMA Beginners	Kick Boxing Beginners	Circuit	MMA Beginners	Kick Boxing Beginners	Circuit	Kids MMA Mixed Martial Arts
6.00 - 7.00pm		6.00 - 7.00pm	6.00 - 7.00pm	6.00 - 7.00pm	6.00 - 7.00pm	
Boxing Fit	*FT Training	Thai Boxing	Kick Boxing Intermediate	*FT Training	Thai Boxing Intermediate	Thai Boxing
7.00 - 8.00pm			7.00 - 8.00pm			
MMA Intermediate			MMA Advanced			

The Timetable subject to change without notice. Classes may be cancelled without notice; please check for signs on the front counter. The club opens daily at 4pm and remains open until the end of evening classes. Members are free to use the club, training rooms and facilities during opening hours. Classes and Personal training programs will have first preference of available space. ***FT Training sessions are exclusive to Fight Team Memberships.**

MOMENTUM TECHNIQUE

city fitness & martial arts

LEVEL 2
147 WAYMOUTH ST
ADELAIDE SA 5000
TELEPHONE (08) 8410 5884



MARTIAL ARTS

All of our instructors are trained in various martial arts. Our Thai Boxing, MMA and Kickboxing classes are technical classes, training martial arts techniques. MMA includes kicking, punching, takedowns and grappling on the floor. Kickboxing includes a variety of punches and kicks. Thai Boxing includes Thai specific drills, including the lethal Thai kick!

FITNESS & CONDITIONING

If fitness and conditioning is what you are after, we run Boxing Fit & Circuit classes for cross training and body conditioning. These are great sessions to improve your fitness and endurance.

INTERMEDIATE & ADVANCED

Our Intermediate classes are reserved for those who have been training for some time and have graded through our syllabus. These classes meet the needs of long term members, their continual development and allow instructors to keep the intensity at a fast pace for their level of fitness and skill set.

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GROUP TRAINING

Training with a group is a great way to start your exercise and training program. Our staff members and club members are super friendly and their positive energy and support will have you coming back for more!

Our group training sessions cater for the beginner through to the advanced. So whether you're just starting out in fitness or martial arts, or if you are already on a training regime – we have the workout you are looking for! Our fitness sessions are professionally created for those wanting to get fit, look fit and keep fit!

FIGHT TEAM



For the elite athlete. An exclusive training and conditioning membership for those who want to develop their sparring skills, train like a fighter or get into competitions. Our professional and successful coaches will develop training and conditioning to get you fit, fast and furious for the ring. Strength training, sparring skills, ring craft, endurance, conditioning, mental strength and team development is all rolled into this exclusive Fight Team Membership.

WEIGHTS & CARDIO

A martial arts club with more – more facilities, more equipment, more outcomes! Yes, we have a complimentary weights and cardio equipment for our members to use for a complete all body workout. Whether you're after a cardio session from the Treadmill or Cross Trainer, or after serious Olympic plates for the Squat Rack Momentum has it all!

PERSONAL TRAINING

Not sure where to start? Book a Personal Training session with one of our professional instructors, and we'll help you get the results you want! Personal Training can involve weights and strength training and martial arts techniques and drills; we will cater the session for you and your goals. Personal Training can be one-on-one or enrol a friend and get a two-on-one deal!